

EXERCISE FACILITIES

Marquette	Address/Phone	Hours	Rates	Facility/Equipment
<p>PEIF</p>	<p>1401 Presque Isle Avenue Marquette (906) 227-2519</p> <p>Racquetball Reservations & Information Desk (906) 227-2110</p> <p>www.nmu.edu/recreation</p>	<p>*Rec Center Winter 2008</p> <p><i>Monday - Thursday</i> 5:30 am - Midnight</p> <p><i>Friday</i> 5:30 am - 10:00 pm</p> <p><i>Saturday</i> 8:00 am - 8:00 pm</p> <p><i>Sunday</i> Noon - Midnight</p> <p>*Pool</p> <p><i>Monday, Wednesday, Friday</i> 11:00 am - 2:00 pm 6:00 pm - 8:00 pm</p> <p><i>Tuesday & Thursday</i> 6:30 am - 8:30 am 12:00 - 2:00 pm 6:00 pm - 9:00 pm</p> <p><i>Saturday & Sunday</i> 2:00 pm - 7:00 pm</p> <p><small>*Please refer to website for up to date hours of operation and Group Fitness schedule. The winter semester ends 5/4/08 and summer hours begin 5/5/08. The fall semester hours begin 8/22/08.</small></p>	<p>Full Year Membership</p> <p>First Adult \$265 Spouse \$175 Child (w/adult membership) \$87 Family \$566</p> <p><i>The above rates are MGH corporate rates.</i></p> <p>Misc. Rates</p> <p>Locker/Towel Service \$56 One month Pass \$60</p> <p><small>Your recreation membership includes use of the PEIF, Superior Dome, and BEC during regularly scheduled open recreation hours. Intramural sports, climbing wall, and group fitness classes are also included.</small></p>	<p align="center">PEIF</p> <p>*Group Fitness and Cycling Classes Rowing machines Elliptical Crosstrainers Treadmills Fitness Bikes Steppers Magnum Fitness Systems Free weights Weight machines Circuit & Toning Area Saunas 8 Lane Lap Pool Dive Tank Indoor climbing wall Indoor tennis court 7 Racquetball/Wallyball courts Basketball/Volleyball courts Dance Studio Concessions Outdoor recreation rental center reduced rates New group fitness room</p> <p align="center">Superior Dome</p> <p>Basketball/Volleyball courts Indoor Tennis courts Indoor walking or jogging 200 M running track</p> <p align="center">Berry Events Center</p> <p>Open ice skating Drop in hockey/figure skating</p>

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Ringside Fitness www.ringsidefitnessmqt.com	181 W. Bluff St. Marquette (906) 228-7600	<i>Monday - Friday</i> 5:00 am - 9:30 pm <i>Saturday</i> 7:00 am - 7:00 pm <i>Sunday</i> 9:00 am - 5:00 pm	MGH Employee Rates \$20 per month	Treadmills Elliptical machines Recumbant bikes with individual TV's, fans, and IPOD docking stations. Designated free weight room with plasma TV. Strength machines Free towels & daily locker Fitness instruction room with over 40 classes weekly--schedule changes monthly, check website. Personal training

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Gwinn	Address/Phone	Hours	Rates	Facility/Equipment
West Branch Community Center	301 Avenue A Gwinn (906) 346-3559 www.wfitness.org	<i>Monday-Friday</i> 6:00 am - 9:00 pm <i>Saturday & Sunday</i> 10:00 am - 9:00 pm Pool Hours <i>Monday - Friday</i> 6:00 am - 7:45 pm <i>Saturday & Sunday</i> 10:00 am - 7:45 pm	Monthly Adult (19-61) \$40 Youth (13-18) \$12 Family \$60 Senior Citizens (over 62) Single \$25 Family \$40 Walking Pass Only \$10 Daily Adult \$10 Youth \$5 Family \$15 Discounts for 6 & 12 month memberships & military West Branch Township residents receive a discount on all monthly membership fees. Proof of residence is required.	Fitness and Water Aerobic classes-- call or check website for class descriptions and dates & times Exercise bikes Rowing machines Weights Ellipticals Treadmills Swimming lessons Personal training

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Marquette	Address/Phone	Hours	Rates	Facility/Equipment
Tourville North	910 Lincoln Ave. Marquette 228-9284	<i>Monday - Saturday</i> 8:30 am - 9:00 pm <i>Sunday</i> 2:00 pm - 8:00 pm	Corporate Rate: (No payroll deduction) \$150 per year \$75 down and balance payable in 3 months	Free Weights Pool Whirlpool Sauna Water Aerobics--schedule changes monthly, please call for dates and times. Lifeline Fitness Cables Universal Weight Stations Nordic Track Stairmasters Airdyne & Recumbent bikes Treadmills Elliptical crosstrainers Concept rowing machine Tanning packages Air conditioned facility TV's

3/26/2008

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Marquette	Address/Phone	Hours	Rates	Facility/Equipment
Tourville West	1542 W. Ridge St. Marquette (906) 228-7700 www.tourvilles.com	<i>Monday - Saturday</i> 8:00 am - 9:00 pm <i>Sunday</i> 2:00 pm - 8:00 pm Closed holidays	Corporate Rate Payroll deduction available 1 month \$25 3 months \$75 Spouse: 3 months \$90 <i>First Visit is free</i>	Pool Hot Tub Sauna Aerobic classes (see attached schedule) Free/Cybex weights 2 Stairmaster 4000 PT 5 Exercise bikes--Air-Dynes & Tectrix Rowing ergometer Shower/Locker Room Smith Machine 2 Elliptical crosstrainers Personal Training TV's Courtesy Computer

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Tourville West Winter Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM Upper Body	8:00 AM Cycling/Toning	9:00 AM Cardio Power	8:00 AM Cycling/Toning	9:00 AM Booty Camp	8:00 AM Pilates	
10:05 AM Stretch & Tone	9:00 AM Step	10:05 AM Stretch & Tone	9:00 AM Step	10:05 AM Stretch & Tone	9:00 AM Heinz 57	
10:05 AM Water Aerobics	10:05 AM Water Aerobics	12:10 PM Cycling	10:05 AM Water Aerobics	12:10 PM Cycling	9:00 AM Water Aerobics	
12:10 PM Step	12:10 PM Double Step	4:25 PM Adv Double Step	10:05 AM Strong Bodies		10:05 AM Cycling	
4:30 PM Pilates/Toning	4:25 PM Step	6:35 PM Yoga	12:10 PM Step			
5:30 PM Cycling	5:30 PM Step Power		4:25 PM Step			
	5:30 PM Water Aerobics		5:30 PM Water Aerobics			
			5:30 PM Step/Kick Box 6:45 PM Yoga			

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Marquette	Address/Phone	Hours	Rates	Facility/Equipment
YMCA	1420 Pine Street Marquette (906) 227-9622	<i>Monday - Thursday</i> 5:00 am - 9:30 pm <i>Friday</i> 5:00 am - 9:00 pm <i>Saturday</i> 7:00 am - 8:00 pm <i>Sunday</i> 10:00 am - 7:00 pm	Youth: \$15/mo, \$5/day Individual: \$38/mo, \$5/day Family: \$60/mo, \$10/day Student: \$23/month Senior Individual: \$34/month Senior Family: \$51/month NO JOINING FEE FOR MGH EMPLOYEES WWW.YMCAMQT.ORG	*Group Exercise Classes Treadmills Elliptical Trainers Ski Machine Steppers Recumbent, Upright, & Airdyne cycles Rowers Weight machines Fixed Barbells Dumbbells Stability and medicine balls *Pool with rain tree and slide *Kids' Gym Full basketball courts/gym *Tot Watch *Check web-site or contact YMCA for schedule.